

JANUARY 2006

Facets

F O R W O M E N

Adopting
**family
focus**

*Victoria Szopinski
on career and family*

**first
things
first**

*Financial
changes start
with basic
questions*

Try a New Year's
'redefinition'

NOTES

from the newsroom

"Some people have greatness thrust upon them.
Very few have excellence thrust upon them."

— John W. Gardner

What brings change into your life?

Some people are very good at making change in their own lives when they see fit — they're the people whose New Year's resolutions are the most likely to stick. There are others who cruise along life's road until change is thrust upon them and who struggle to navigate the turn in the road without tipping over.

This issue of *Facets* has good reading for both types, as well as for all the rest of us who have experienced both kinds of change.

If health and fitness goals are in your plans for 2006, check out Debra Atkinson's article on how to make those plans a reality. And the most important part of your body to get in shape? Your mind.

Karen Petersen starts you on the road to financial change with some advice on measuring your starting point, while Colette Ryder-Hall offers advice and recipes on how to enjoy the best produce in the winter season.

When Nancy Lewis started college, she was told she didn't have to be the same person she had always been. She revived that advice recently by taking up a pen and telling her stories.

In this month's cover story, Victoria Szopinski tells about a different kind of change: She shifted her focus from an exciting professional career to taking care of her parents and son.

And finally, in Hue and Cry I take a look at the big change coming into my life: A transition into motherhood. I'll be on maternity leave for the next three issues of *Facets*, but expect to be delighted by the work of Tribune reporter Amy Wahle, who is filling in for me during that time. She can be reached at 232-2161, Ext. 472, or awahle@amestrib.com.

May the New Year bring you the strength to make the changes you desire and the courage to face the changes that come your way!

— Heidi Marttila-Losure, *Facets* editor

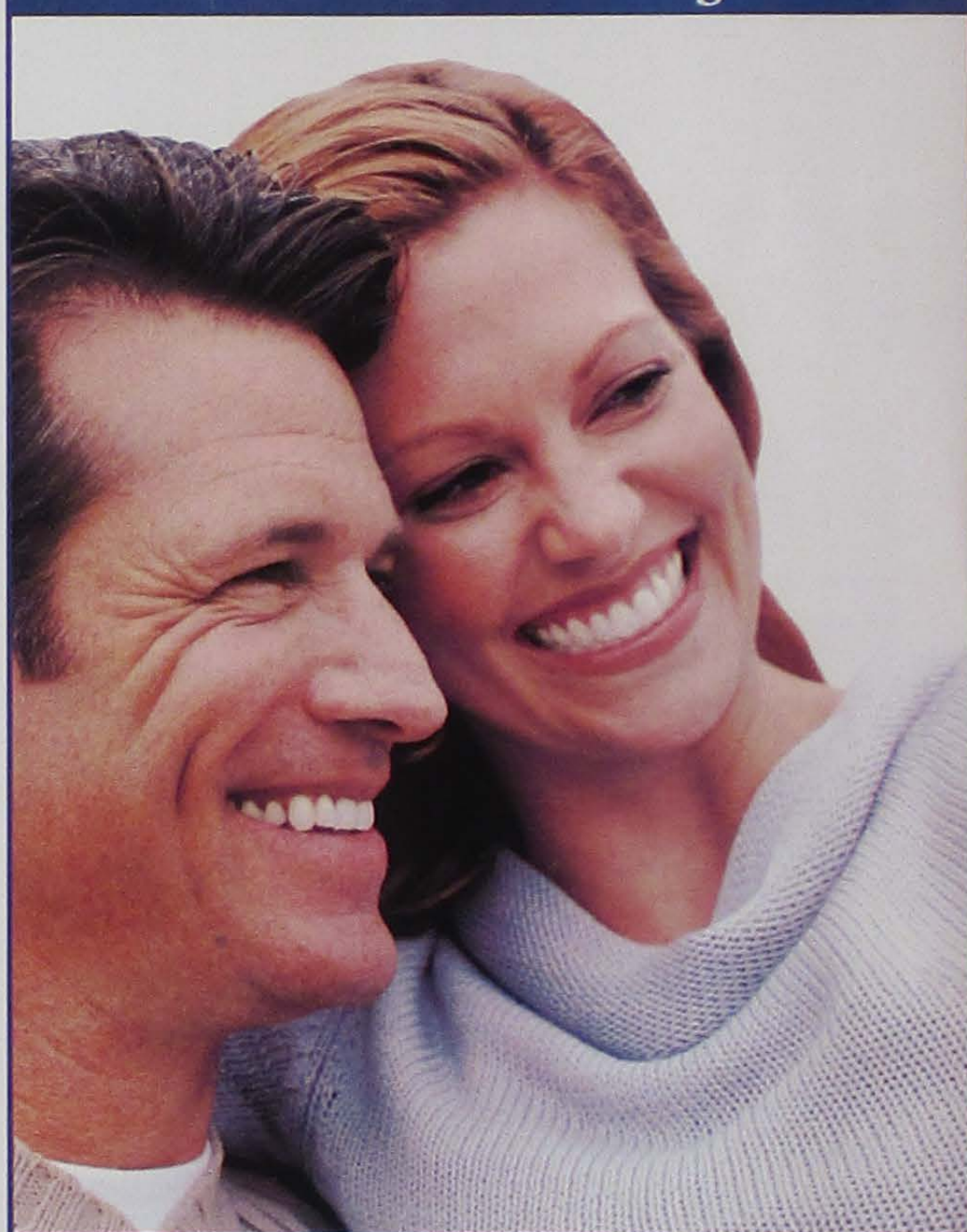


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2. The particular angle from which something is considered.

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Clearing the SCHEDULE

Unscheduled moments allow children to blossom

By Malisa Rader

A friend and I were recently discussing our favorite childhood memories.

Although I grew up in the South and she grew up in the Midwest, our recollections were quite similar. We both remembered making mud pies, playing in creeks and building forts out of blankets. Surprisingly, none of our memories involved organized activities like soccer leagues or dance class. Nor did they include entertainment activities such as movies, sporting events or concerts. They seemed to revolve around free-time activities when we created the play.

Have you seen the television commercial with the mom so busy running her children from one place to another that she has no time for an actual meal and instead drinks her lunch in the minivan? No one needs to tell us that our lives are too busy. Unfortunately, the overbooking of our schedules seems to be spilling over into the lives of our children. Dance, sports, scouts and everything else children can participate in are great experiences individually. But somewhere there has to be a happy medium.

Dr. William Doherty, professor of family social science and director of the Marriage and Family Therapy Program at the University of Minnesota, warns that there are two basic problems with overscheduled kids. First, overbooked kids do not have sufficient "down time" in which they can think, create, experience and simply be kids. Second, Doherty argues that overscheduled family members do not have enough time to connect with one another.

Families need time to interact, get to know each other, develop important social skills and create lasting relationships.

As in all things, moderation is the key in deciding our kids' involvement in activities. As parents, we know that childhood ends too quickly. We should develop our children's interests with activities but also give them time to be children and to be with their family.

Through free play, a child learns to function within his peer group, make rules, test the limits of acceptable behavior and role-play future occupations. Activities such as puzzles, board games, puppet shows and hide-and-seek teach teamwork, compromise and negotiation and encourage creativity. Even as adults, we need unscheduled time to imagine, reflect, design, invent and experience. When all of our time is planned, creative ideas may not have an opportunity to develop and grow.

I certainly won't say that cutting back on kids' schedules is easy. My own family could use a lot of work in this area. It is so difficult to choose between the many good activities available.

We all want the best for our kids. The key is making sure that activities and entertainment are not taking over family life. This free time in childhood is too precious to be scheduled away.



Try a New Year's 'redefinition'

Achieving goals may mean changing how we think about success

By Debra Atkinson

Women lose and gain weight all the time, often recycling it for years. Imagine having back all the energy you've been drained of by thinking constantly about weight and size and shape over time. Imagine if you could have directed that amount of energy into business, relationships, dreams and life experiences; what difference would it have made? It's never too late! Instead of a resolution, this year, imagine a redefinition.

Before you clean out the refrigerator and commit to the gym gods, use the lessons from past mistakes and start this time with your mind.

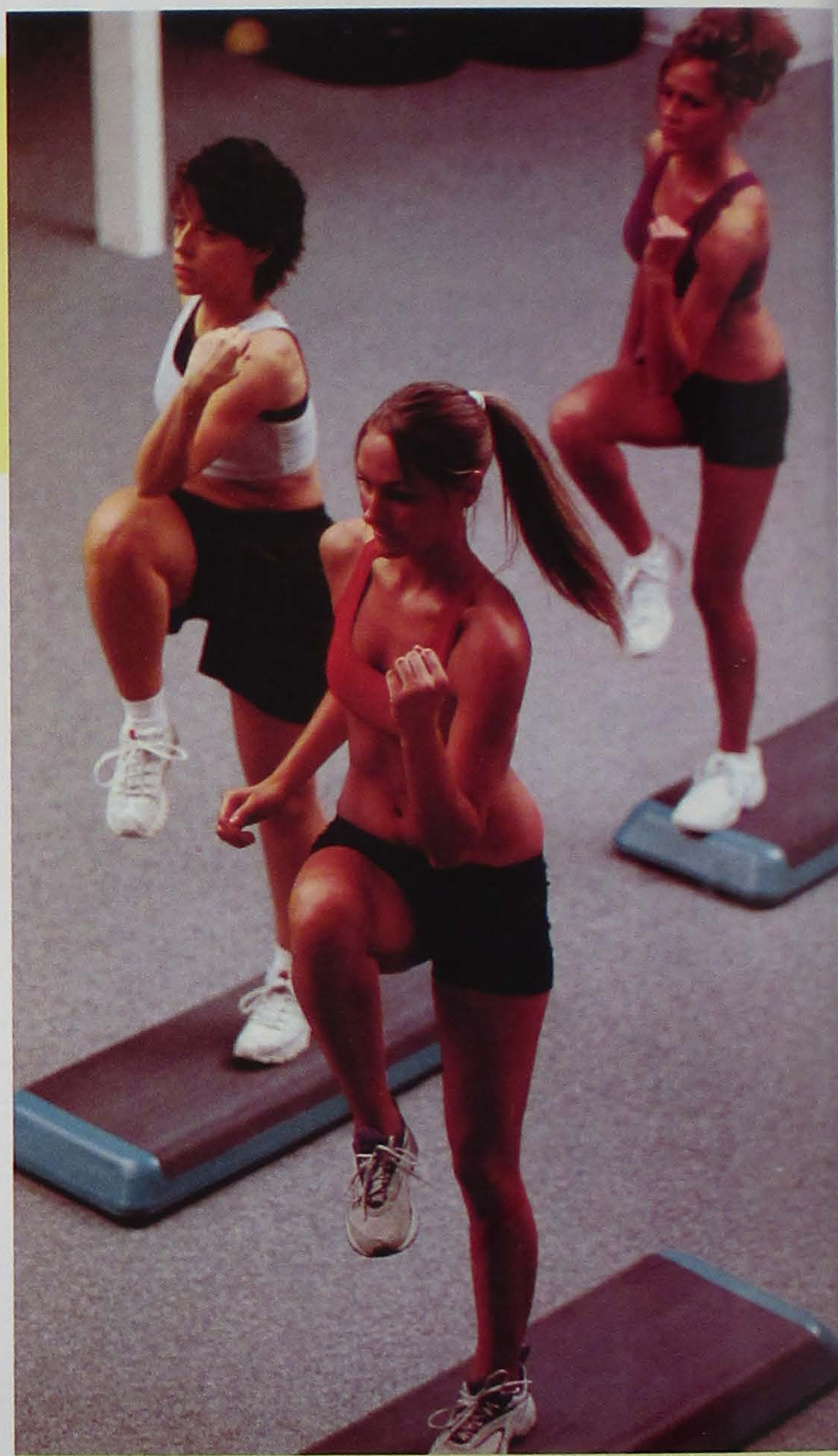
Too many times a dieter believes that "the answer" is going to be there when she reaches a magic number on the scale, looks a certain way or wears a certain size. But often she resists the steps to change or doesn't actually accept the change once she makes it. She

may do all the sets and repetitions and eat all the right foods and yet arrive at the weight goal and not really be there because her thinking hasn't changed. She'll end up gaining weight back because she hasn't done enough work under the hood, only changed the exterior.

If you want success in your search for a healthier, happier weight, and better still, if you want to acquire what's known as an "active identity," you need to begin asking some questions.

What are your reasons for wanting to change? What is your motivation? What are the benefits of this change going to be?

Go deep here. Keep the superficial answers for somebody else. This conversation is for and about you. Reducing your risk of heart disease may not be motivation enough to get you on the treadmill at 6 a.m. Maybe watching your son or daughter walk down the



"Define who you want to be. Then redefine what you're doing now to fit that new mind and body."

aisle or across the stage will. But you'd better bring it home even more than that. You want to pass on to your children the joy of living and being active participants in life instead of watching it pass them by, for instance. If that's true, what do you want to *do* to show them how? Be fit and strong enough to kayak on the river, go whitewater rafting, backpacking in the mountains? Being able to visualize yourself doing those things is far more motivating when the alarm goes off.

Being the envy of everyone's eye is a short-lived goal. It doesn't necessarily get you what you truly want. Again, get out your shovel and dig. Do you want more confidence, more self-esteem and more assertiveness? That's deeper. What do you want it to do for you? Do you want to be better at your job? Do you want to develop greater endurance physically so that you are also more mentally tough? Do you want to get a promotion or start your own business? These goals will make logging more miles on the treadmill or setting a goal to accomplish an endurance event more attractive to you.

Next question: Are you willing to do what it takes? In order to be more comfortable, healthy and love the body you have, you will have to eat well, move regularly and reprogram your thoughts. That might mean rethinking late-night eating and planning ahead. You might need to exchange the bottle of wine with dinner with a single glass or say no to someone else in order to put yourself first.

What if it means delaying gratification? In fact, it may mean temporary deprivation to avoid longer term guilt, disgust

or disappointment, as in saying no to the cookies in the break room at work. If you can't say it's worth that, if you aren't pulled toward something that's a stronger, sweeter image than the taste of a stale cookie, you're not serious. You're daydreaming, and you like it where you are.

That's not to say you can't change your thoughts.

Unfortunately, some of us start better by imagining the worst than the best. What do you want to avoid? Are you tired of being fat? Do you want your children to not be embarrassed? Are you tired of watching other people do things you only dream about? If you can identify with those feelings, you have a good beginning. But you're still looking out the back window at road kill. The view up front is much better.

Create a vision the opposite of what it is you fear. Imagine yourself playing catch with confidence or going down the water slide with your child next summer. If you want to gain more confidence in relationships or at work, imagine yourself crossing the finish line of an event where one step at a time you set the goal, logged the miles and on your own two feet finished with a smile and sense of satisfaction sweeter than even chocolate. Now that's good.

Every day is a new chance. Definition is not only in muscle. It's inside you. Define who you want to be. Then redefine what you're doing now to fit that new mind and body. Be who you were meant to be.

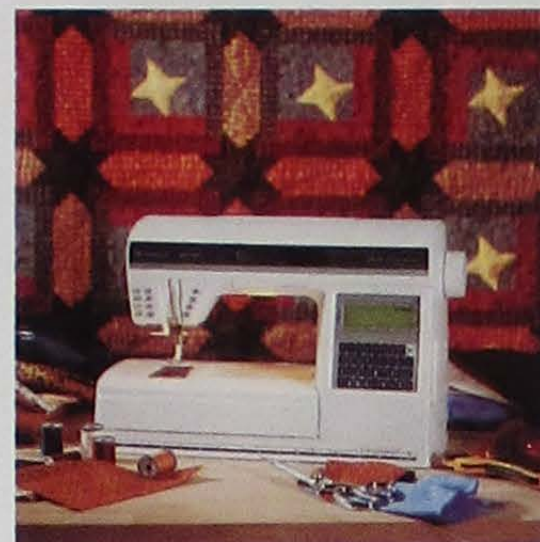
Debra Atkinson is a senior lecturer in the Department of Health and Human Performance at Iowa State University and personal training director at Ames Racquet & Fitness Center.

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First Things FIRST

Financial changes start with basic questions

By Karen Petersen

Are these your thoughts?

"I love the week between Christmas and New Year's Day. All the shopping, baking and family gatherings were wonderful. I can sit back and reflect on a special Christmas and a perfect 2005." And she lived happily ever after.

Or are changes for 2006 on your agenda?

"I need the week between Christmas and New Year's Day to regroup. I am exhausted from all the shopping, baking, family gatherings and rushing. Next year I want to be better organized, spend less money and enjoy the season." And she started to think about her New Year's resolution.

If your New Year's resolutions include financial change, this is for you.

First, just a thought about New Year's resolutions: Many people make New Year's resolutions with energy, courage, guts, sincerity, tenacity and willpower. But sometimes, there is no commitment.

Ask yourself these questions to decide if you are committed to financial change.

1. Will you spend at least 60 minutes each week planning and monitoring your money?
2. Will you record everything you spend for one month?
3. Will you wait to set goals until you have factual numbers for your income and expenses?

There is a systematic method for financial success. The first step to financial success is to know where you are today. What is your income, and what are your expenses? And the next important question to answer, even though it may seem obvious: do you spend less than you earn?

You may be thinking this is only for people just beginning to manage money. It may surprise you to know that only about 20 percent of the people I interview as a financial planner track how they spend their money.

It does not matter where you are in your life. Whether starting your first job, buying your first home or thinking about retirement, the following steps are the basis for financial success.

Step 1: Record all fixed expenses as a monthly amount. These are usually easy numbers to produce. Your check book and/or bank statement will provide these figures.

Step 2: Record all "out-of-pocket" money you spend for 30 days. Track all spending except the fixed expenses you listed in step 1. This step requires discipline and is the most telling exercise for money management.

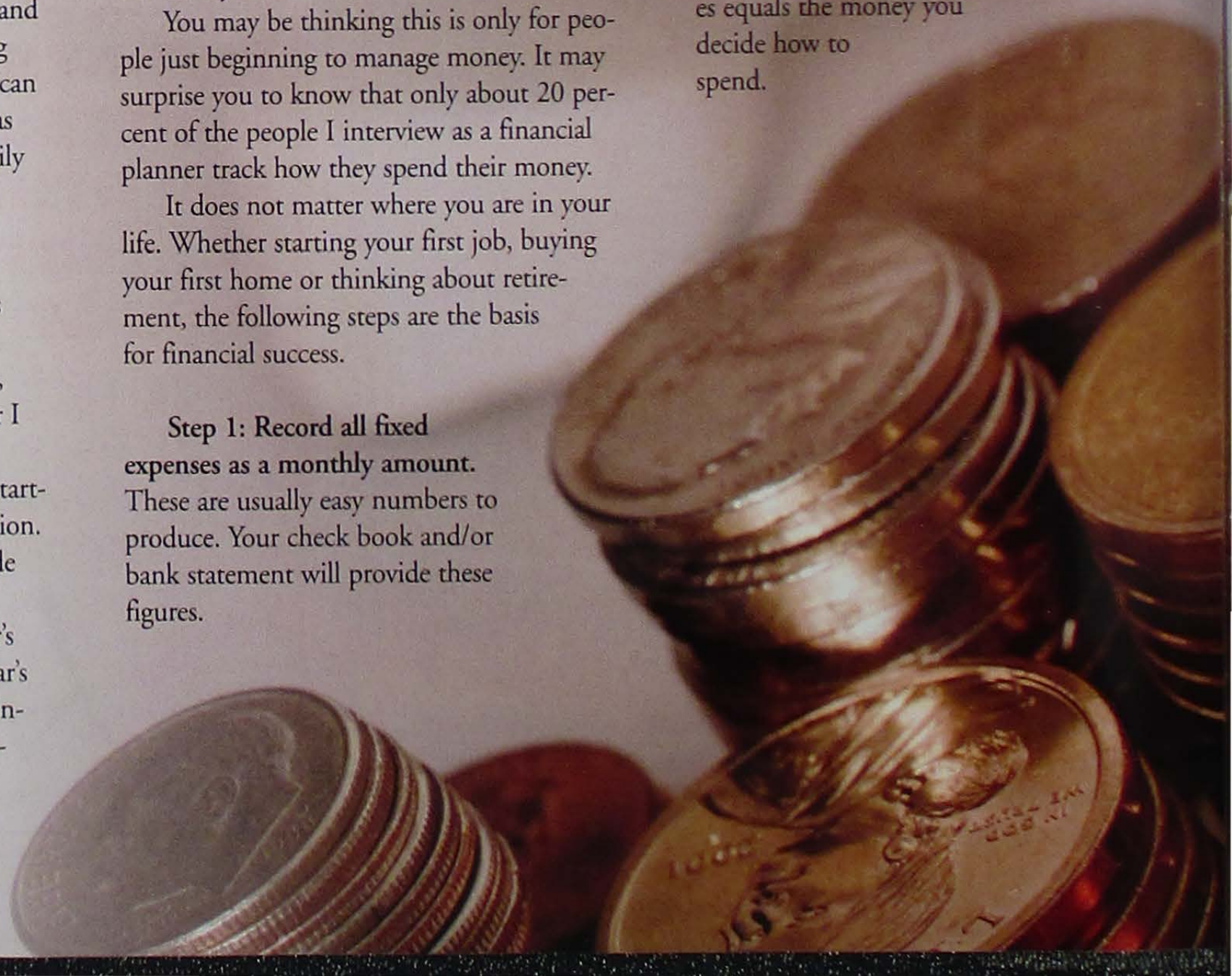
Carry a small notebook to record as you spend, or keep all receipts and record spending once a day. Record every purchase. Include credit and debit purchases and even items that are less than a dollar.

This is not about right or wrong; you are looking for your spending patterns. Once you know how you spend, you can decide if there are changes you would like to make.

The first time I did this exercise, I found I was paying the City of Ames about \$25 a month for parking too long in the lot behind Main Street. I quickly decided there was a better place for the \$25. It is all about choices, not right or wrong.

At the end of 30 days, create categories to itemize your spending, tally the expenses in each category and determine total non-fixed expenses.

Step 3: Subtract all fixed expenses, the total in step 1, from your take-home income. Take-home income means the amount on your paycheck, the amount you have to spend after all deductions. Take-home income minus fixed expenses equals the money you decide how to spend.




This is an important number; this is the money you have control over. Does the amount surprise you? Did you expect this number to be larger or smaller?

Step 4: Subtract the total from step 2 (the "out-of-pocket" money you spend in 30 days) from the result from step 3 (the money you decide how to spend). There are just three possible outcomes: you spend all available money, you spend less than the amount available or you spend more than the amount available.

Congratulations on your commitment to the beginning steps for financial success. Remember, strive for progress, not perfection.

For a template to help organize fixed and out-of-pocket expenses, e-mail your request to karen@nymorethanmoney.net. Karen Petersen, a certified financial planner in Ames, welcomes questions and comments about the first steps in financial success and ideas about what you would like to read in future columns.



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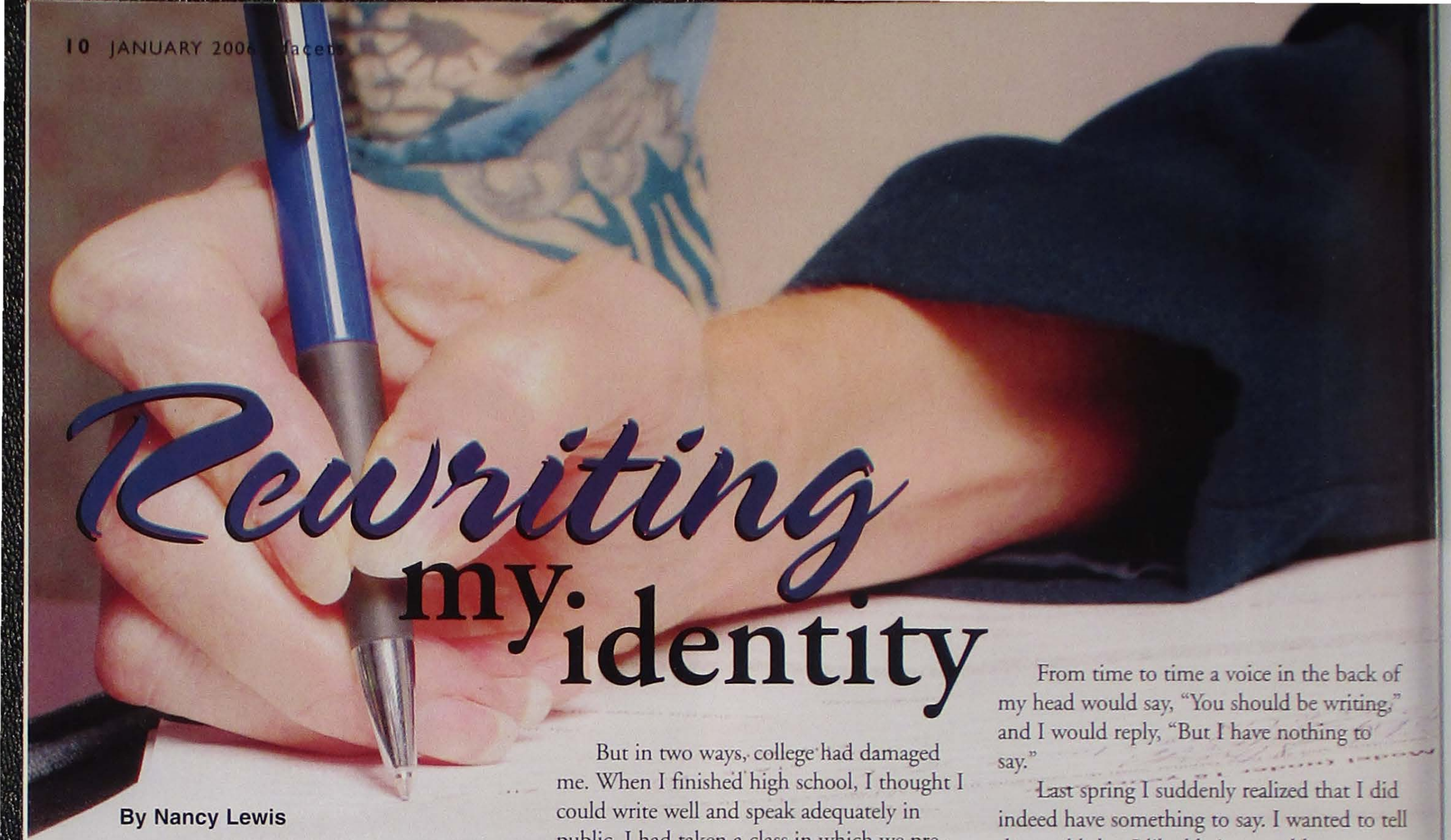
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Rewriting my identity

By Nancy Lewis

It was my first week of college. The other incoming freshmen and I had been tested, assigned classes and encouraged to get acquainted with each other. Now we were sitting on the steps of the oldest campus building, listening to advice from the people who were to guide our lives during the next four years.

"You don't have to be the same person here that you were in high school," the dean of women said.

I think she wanted us to accept and appreciate the ways in which college would change us. I also think she wanted us to move beyond stereotypes like "brain" or "athlete" or "Dumb Dora" and think of ourselves as able to be at least moderately successful in many areas. The ideal student of the time was "well-rounded." That tended to mean a B average, a competent tennis or golf game and a lot of social skills. The men were being prepared for success in the business world, and the women were expected to work toward their "Mrs." degree.

College did change me, and most of the changes were positive. My values shifted and broadened. I learned a lot from several wonderful teachers. In my last year, I had the opportunity to live apart from my family and learn in a very intense hospital setting. When I graduated I was a "successful" woman: I had training that provided me with an immediate job, and I was about to be married.

But in two ways, college had damaged me. When I finished high school, I thought I could write well and speak adequately in public. I had taken a class in which we presented radio programs on current events, and I had written for the literary magazine. But the professor who taught the required college speech course made me feel awkward and incompetent. And the professor who taught the creative writing class wanted us all to write like Hemingway, his literary hero. I couldn't do that, and again I felt inadequate.

Luckily, I was majoring in science, so all of that didn't matter so much at the time. I was trained as a medical technologist, and after I was married, I worked in a research facility full time for two years. I then continued working in a clinic lab on weekends for a while, but raising children occupied most of my time and energy. I helped my husband with some editing of his writings, and for a while I edited science books as a part-time job. Privately, I put ideas down on paper, especially when I needed to try to figure out ways to deal with problems that were causing me trouble.

I was occasionally asked to speak to groups of people, and gradually I became a little less afraid to do it. Then, in 1997, I was suddenly involved in a very public controversy at my church. I was interviewed by radio and television reporters, and my comments appeared in newspapers. I was so caught up in the situation that I forgot to be frightened. Also I found that it was much easier to respond to questions than to give a prepared speech. Now I enjoy public speaking.

From time to time a voice in the back of my head would say, "You should be writing," and I would reply, "But I have nothing to say."

Last spring I suddenly realized that I did indeed have something to say. I wanted to tell the world that I liked being an older woman. A friend had started an e-mail magazine called "Living Out Loud." She asked people who read it to submit something about themselves. So I wrote a few paragraphs on the joys of being older, and she used them. Another friend, who works for *The Tribune*, asked to read what I had written and showed it to the *Facets* editor. As a result, after I had made it a little longer, it was published in the June issue of *Facets*. Then I was asked to write another article, and another. I've found I have a lot to say!

As I look back on the professors who made me feel like such a failure, I'm amused and only a bit resentful. I do think that their being male in a male-dominated and conservative decade may have influenced what they did. But I'm not sure that things would have turned out differently if they had praised and encouraged me. I think I had to live and change and grow before I had something to contribute.

So I'm not the same person I was a year ago. Indeed, I don't have to be the person I've always been. It feels a little odd, in a good way, to have deadlines and to be always looking for ideas for articles. But I'm glad to still be able to change.

Nancy Lewis has lived in Ames since 1957. Before retirement, Lewis was a multi-faceted career woman.

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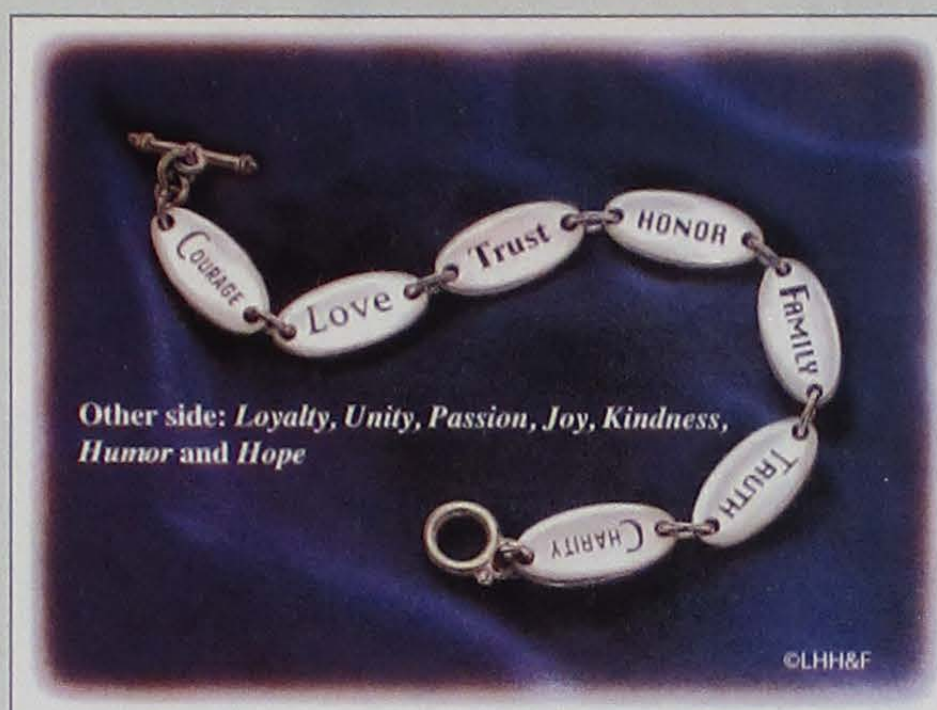


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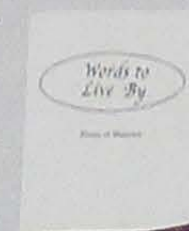
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Adopting a family focus

Victoria Szopinski thought of herself as a career-oriented professional. Then, in her mid-40s, the call of family had her shifting gears.

By Heidi Marttila-Losure

Victoria Szopinski scheduled her *Facets* interview in the 45 minutes she had free for that day. Her son had an appointment, and she was able to talk for a few minutes while she was waiting.

Such moments are rare these days for Szopinski, 49. She spends a lot of time in caretaker mode with Harry, her son, an active 5-year-old, and her 84-year-old mother, who lives with the family and recently had her foot lain up. The family just got a new puppy. And to top it off, the house is being remodeled.

"I'm always moving," Szopinski said, "from six in the morning until 11 at night."

This isn't quite the busyness she was experiencing just a few years ago, when her professional life, which ranged from being a publicist for Bonnie Raitt to booking lectures at the Massachusetts Institute of Technology, took most of her focus.

"I was pretty career-oriented," Szopinski said. "I was not really planning on marrying or having a child. But it's the most wonderful thing that's ever happened to me. I had no idea I could love anybody that much."

In the music business

Szopinski, who grew up in Toronto, is the only child of two World War II veterans from Europe who came to Canada to start over after the war. After a number of moves following her father's career, her family ended up in Ames in 1973.

Szopinski was just headed off to college then, to the University of Michigan in Ann Arbor. That's where an exciting, varied professional career got its start: While she was working on getting a degree in economics, she had a job promoting concerts at the university. After graduation, she got a job as a book-

ing agent, which led to another job as a representative for Sippie Wallace, a blues singer living in Detroit. Some of Wallace's music was covered by Bonnie Raitt, and soon Szopinski was also acting as Raitt's publicist.

This was in the late '70s and early '80s, before Raitt had some hits that soared to the top of the charts and put nine Grammys on her shelves.

"At the time, Bonnie just had pockets of fans around the country," Szopinski said. "(But) it was a nice learning place because she had professional people working with her."

After a few more career moves, Szopinski, on her way to a job in Australia, stopped in Ames in 1986 to sell her car.

"I ended up staying here for three years," she said.

Life with her parents was comfortable, she said, and she decided to take some classes at Iowa State University.

"It was a wonderful place to be," she said. "I had a good education at Michigan, but I had a better education at ISU. Part of it was me, because I was older. But I'm very proud to say that I went to ISU."

After graduating with a degree in marketing, Szopinski decided she wanted to go to graduate school. But she was concerned about the foreign language requirements many of the schools asked for.

So her next stop?

Ecuador, where she studied at a university for one year. While she studied, she also worked with some local musicians to promote their music. Spanish was the common tongue for Szopinski, who was just working on picking up the language, and the musicians, many of whom had a different native tongue as well.

She finished grad school in Vancouver and was enjoying a new job as a lectures booking agent at MIT in 1999 when her parents' health changed the picture.

Transition time

Szopinski's parents were then in their early 80s; her mother had had a stroke and

required extra care, and her father had been diagnosed with cancer. Szopinski's first thought was to move her parents to Massachusetts, but after the reality of the challenge of that set in, she started to consider moving back to Ames.

After making some calls, she made the move to the Midwest and landed in a job at ISU in conference services. Just as Szopinski was adjusting to this new focus on her family and a new job, the picture changed again.

She met her future husband, Steve Sullivan, and they were quickly spending most of their spare moments together. They were married in 2002.

Even before they were married, however, they had started planning for another change: adopting a child. After they got the process started, they received a number of calls from the Department of Human Services asking if they were interested in a particular child.

"We were always too busy; it was not the right time," Szopinski said.

Other changes were taking place then as well. Her father started requiring more of her time in transporting him to doctors' appointments as he battled three different cancers, and she took over her father's role of caretaker for her mother; she left her full-time job and took a part-time one.

Then, at 11 one morning, they got another call from DHS.

On that day in July

2003, her father was in the hospital and the cat was at the vet for blood tests, among other complications. At that moment, Szopinski said she realized there never would be a good time.

And so, by 2 p.m. that day, they had a child.

A new role

Now, Szopinski's life is filled with challenges she could not have envisioned a few years ago.

"Any multitasking skills I learned in the work force,

"I was not really planning on marrying or having a child. But it's the most wonderful thing that's ever happened to me. I had no idea I could love anybody that much."

I'm using tenfold right now," she said.

Harry, who became part of their family when he was 3, is a special needs child, which Szopinski describes as "a frustration and a challenge and a blessing all packaged together."

"He had a bumpy start in life," she said. "Through advocating for him and being able to bring him to a place where people truly

believe he is the center of the universe, he's truly doing well."

She said her new role has taught her patience, and she has learned a lot about herself. One of the adjustments she's had to make is in how she responds to others' opinions about her new identity, which someone described as "just a stay-at-home mom."

"That just sort of infuriated me (at first)," she said. "I still felt like a professional."

But she says the title doesn't bother her so much anymore.

"Not everybody understands that you can feel fulfilled not being in the work force," she said. "Many days at work I thought, 'I wish I had more time at home.' Now I have that flexibility."

Of course, some things had to fall by the wayside as her family took center stage.

"My nails are a mess," she said with a laugh. "I actually have gone a week without my e-mail. If anyone had told me (while I was working that) I would go more than five minutes without e-mail, I would have said they were crazy. ... But it's just not part of what I do now."

"A lot of the things I used to do for myself I don't do anymore. But in the end, I'm not sure I really miss it."

And then Harry's appointment was over; he and his mom headed for home, where his grandmother, a new puppy and a big remodeling project awaited.

Revolving around relationships

Changes in women's relationships spur the transitions in their lives

By Heidi Marttila-Losure

Women take the relationships in their lives seriously, and a change in those relationships is what is most likely to cause a major transition in their lives, said Penny Rice, director of the Margaret Sloss Women's Center at Iowa State University.

Rice, who works with female students of many ages at the center, said changes in life's circumstances, such as the loss of a spouse through death or divorce or the lessening of their parenting responsibilities, are the reasons most likely to bring women beyond the traditional age to higher education.

Changes in these relationships are also the reasons women are more likely to drop out of college, she said.

"We are either self-appointed or appointed by our gender to nurture and care for others," Rice said. "When any of these relationships is in jeopardy, (we feel) it is our responsibility to take care of them."

Women face a number of challenges when they make big transitions in their lives, Rice said. One of the biggest is how they identify themselves in their new roles.

For example, a professional woman who now stays home to take care of her children might call herself "just a stay-at-home mom."

"Take out the 'just,'" Rice said. "That's really important work. Do that with dignity, and do that with honor."

Rice says the "shoulds" can also present a challenge: Mothers

who work often feel they should spend more time at home, while mothers at home often feel they should be contributing something in the working world.

"Balancing all that can be difficult," Rice said. "And then I think also there's so many messages about bringing personal life to work and when to leave it at home."

Women, she said, are more likely to take care of their relationships at the office. For example, they are less likely to hesitate to call their mother, sister or daycare provider if necessary.

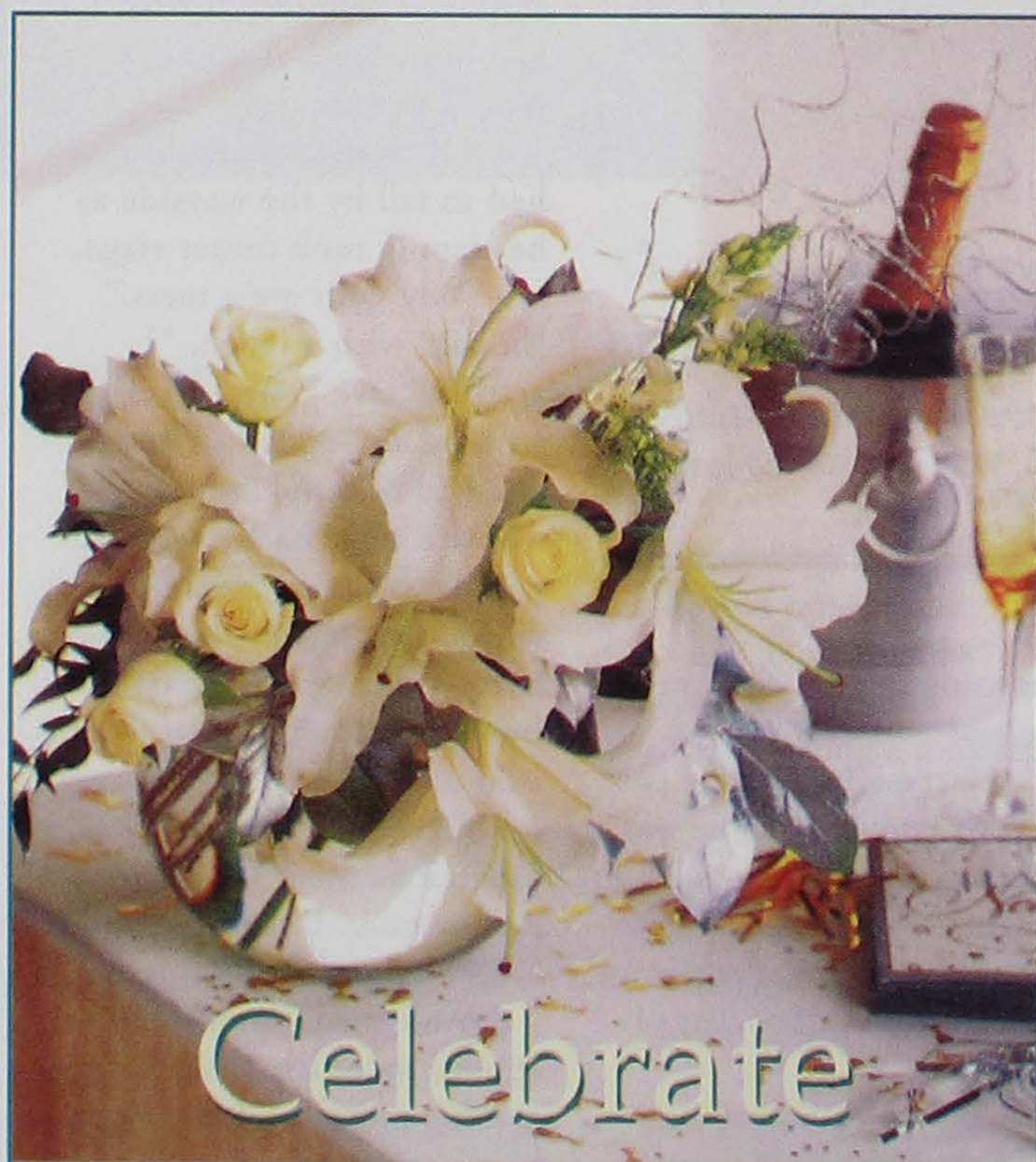
"Men are single when they're at work; women are not," Rice said.

Another challenge for women is finding their way back into the working world if they've stepped out of it for a while. While the "off-ramps" for women's careers can be obvious, the "on-ramps" are often hidden to women because they are set up for men.

For example, men and women network in different ways, Rice said. Men are more likely to work to put themselves in strategic positions around key people to further their careers, while women are more likely to make contacts to celebrate and acknowledge one another.

Of course, some paths also are hidden from men. Imagine, Rice said, the enhanced relationship a man would have by taking care of his elderly mother, the woman who had nurtured and raised him.

"I don't think men even know that," Rice said. "There are blind spots there as well."



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HEALTHY

hair tips

By Kathy Cook, M.D.

Want shiny manageable hair for the holidays or any day? Using proper hair care will help you achieve that goal.

The first step is selecting the right shampoo. Bar soap was used until the mid-1930s, but when used with hard water, it left a soap scum behind, which left the hair dull and damaged. Hair care was revolutionized by development of synthetic detergents.

A shampoo is designed to clean the scalp of sebum (natural oil), sweat, normal skin cells that are shed, hair care products and environmental dirt. Shampoos can be classified based on the type of hair it is designed to clean, such as oily hair, dry hair or treated hair. Choose a shampoo that is based on your hair type.

Conditioners can help recondition hair that has been damaged by chemical or mechanical trauma. Common trauma includes excessive brushing, hot blow drying, permanent hair waves or hair straightening. Damage can also occur through environmental factors such as sunlight, air pollution, wind, salt or pool water. Hair conditioners impart a sebum-like substance that can minimize static electricity, increase hair shine, improve hair manageability and help maintain hair style.

Other tips for hair care include:

- 1) Minimize handling your hair (i.e. minimize combing, curling, twisting, braiding, etc.)
- 2) Use a wide-tooth comb with Teflon tips. This minimizes the friction between the hair and the comb.
- 3) Use a blow-drying brush with widely spaced plastic bristles that are ball tipped. This also minimizes friction. Natural bristles create more friction that can damage hair.
- 4) Do not comb wet hair. Detangle hair with your fingers gently and allow it to almost dry prior to styling to prevent hair breakage.
- 5) Heat damages the protein structure of the hair, so when using a hair dryer hold it 12 inches from the hair and use low heat. Use curling irons on low settings.
- 6) Consider a deep conditioner every one to two weeks, especially if hair has been chemically processed. Deep conditioner is left on for 20 to 30 minutes. There are two types of deep conditioners. Oil packs are for kinky hair that has been straightened. Protein packs can be used on all hair types.
- 7) Cut away heavily damaged hair, as it can't be repaired. Removing 1 to 2 inches from the ends can help improve appearance and manageability.

If there are other problems with your hair, please see your dermatologist, the experts in skin, hair and nails.

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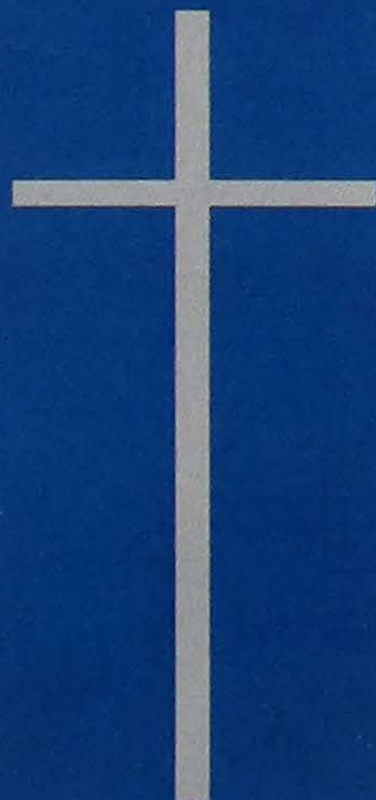
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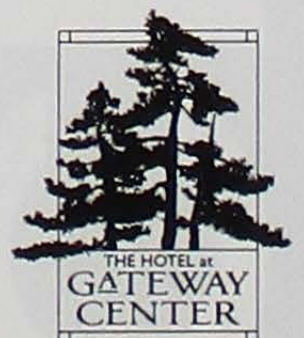
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ISU bookstore manager

a 'woman to watch'

By Heidi Marttila-Losure

When Rita Phillips stepped into the role of book division manager at University Book Store at Iowa State University, she saw a few things that needed tweaking.

"We were doing things that didn't seem real convenient for the customer," Phillips said.

She started four and half years ago in April, during the end-of-term book buyback. But because there was so little extra space in the

store, students were sent to another room in the Memorial Union for the event. This seemed wrong to Phillips. At one of the rare times when students were getting cash in their hands, they weren't in the store to spend it.

"As a retail operation, I thought that was rather strange," she said.

Soon, Phillips and her team of employees came up with a solution: rolling bookshelves at the front of the store that could be removed to make room for events like the book buyback.

Phillips' eye for innovative solutions is one of the reasons she was selected as one of 20 Women to Watch by The College Store Magazine, a publication of the National Association of College Stores. The magazine sought to recognize women who have an exemplary impact in the collegiate retailing industry.

Phillips, who came to the bookstore from the banking industry, said one of her goals was to share more financial information with employees. Another was improving the bookstore's relationship with faculty, who sometimes didn't understand the store's connection to the university.

For an operation that puts its profits back into the university's general operating funds, "we didn't toot our own horn very well," Phillips said. "(The store is) owned and operat-

ed by ISU ... some faculty didn't have any idea. They thought we were private."

Phillips didn't start her career on a path to retail management. She went to a small, private college in South Dakota (Dakota Wesleyan in Mitchell) where she initially planned on majoring in nursing.

"I saw my first semester that nursing wasn't for me," she said — she didn't have the stomach for it.

Her experience at that small school, from which she eventually finished with a degree in communications and English, helps her relate to many of ISU's students,

especially freshmen just adjusting to college life. She says she tells her employees that some of the students are attending lectures that have more people than the towns they came from.

"Every year we have students who are overwhelmed," Phillips said. "We try to hold their hands a little bit, take care of them while they are here."

In an environment of declining enrollments in the Midwest and increased competition for students, those little touches are necessary, she said.

"We have to put our best foot forward at all times," she said. "That's just the role we play."

Phillips lives in Boone with her husband and three sons.



WOMEN ON THE MOVE

Teresa Propes of Ames has become a certified business coach with ACTION International business coaching. As a business coach, she strives to help small- to medium-sized business owners become more successful. Propes, who completed more than 200 hours of training as part of the certification process, says improving business owners' work/life balance is one of her goals.

Do you know a woman on the move? Send your information to awable@amestrib.com.



The New Year is traditionally the time when many of us make a vague resolution to eat healthier. The truth of the matter is that your chance of success with any New Year's resolution is much better if you keep it simple.

2006

Time to veg out!

By Colette Ryder-Hall

Since I work with produce, it's the first thing that comes to mind when I start thinking about important elements of a healthy diet. The USDA now recommends that the average adult consume about 2 cups of fruit and 2 1/2 cups of vegetables a day. Those fruits and vegetables are not only lower in fat and calories than other foods, they contain amazing

amounts of much-needed nutrients. Just by increasing your consumption of fruits and vegetables, you are doing your body a huge favor. So, as the New Year gets rolling and you're looking to take better care of your body and health, consider recommitting yourself to produce!

If you're not usually adventurous in the produce department, try challenging yourself to try a new fruit or vegetable every week. It's easy to find appealing recipes for just about any item or to get creative and modify some of the recipes you already use.

vitamin A



vitamin C

Here are some of my favorite highly nutritious produce items for the winter months:

Squash – High in vitamin A and complex carbohydrates, as well as fiber.

Broccoli – This is one of the most popular green vegetables, and it's loaded with vitamins.

Lacinato kale – Kale is underrated as a vegetable, and this particular variety of kale is my favorite. It has a really cool texture, less ruffled than regular green kale, and a beautiful dark green color. It's even better for you than broccoli, and it's really delicious (I like it steamed, with a little bit of butter, salt and pepper).

Oranges and tangerines – These are at the height of their season just in time for the New Year.

Grapefruit – Contains tons of vitamin C, vitamin A and potassium and aids digestion.



VEGETABLE RECIPES

MARINATED CARROT SALAD

This is a great way to mix up your salad routine — make a bowl of this and add it to fresh greens.

- 1 pound carrots, peeled and grated
- 2 cloves garlic, crushed
- 1 Tablespoon fresh tarragon leaves, chopped
or 1 teaspoon dried tarragon
- 2 Tablespoons red wine vinegar
- 4 Tablespoons olive oil
- black pepper and salt, to taste

Mix first three ingredients in a bowl. Combine vinegar and olive oil in a jar and shake. Add to bowl and refrigerate for an hour to allow carrots time to marinate.

HEALTHY "FRIES"

I got a lot of mileage out of this simple recipe while I was in college, and I still like it. It's great for kids and a great lower-fat substitute for french fries. For variety, try using sweet potatoes.

- as many russet potatoes as you like
- olive oil

Pre-heat oven to 400 degrees Fahrenheit. Slice potatoes into very thin rounds. Pour a thin layer of olive oil on a baking sheet and then lay the potato slices on it. Cook for ten minutes on each side. Enjoy with salt, pepper and ketchup.

VEGGIE CURRY

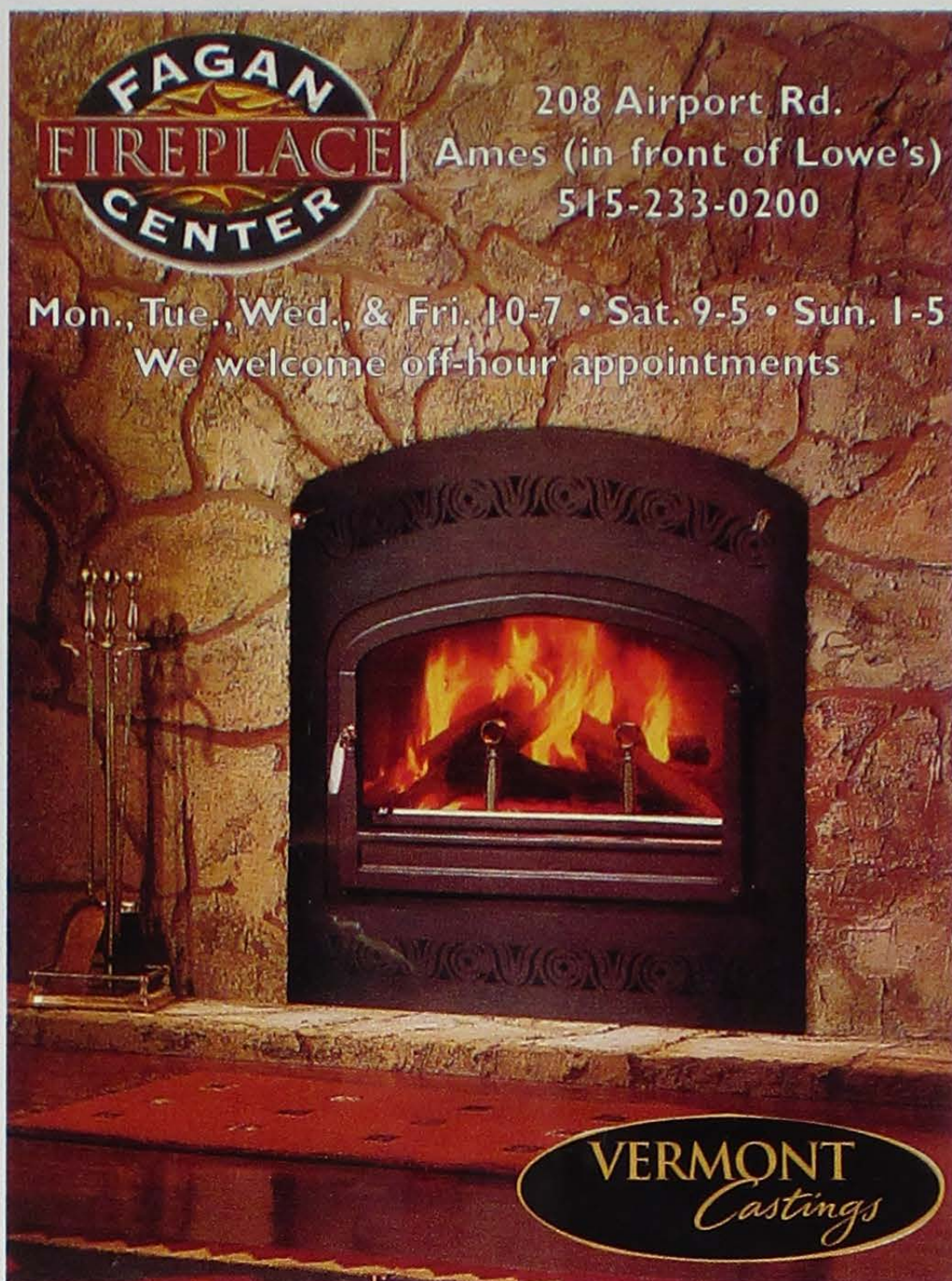
Just about any vegetable can be added to this versatile dish. Cooked chicken is also a tasty addition if you don't want to keep it strictly vegetarian.

- 2 cloves garlic, crushed
- 1 onion, diced
- 3 to 4 carrots, sliced
- 1 14-ounce can coconut milk (regular or reduced fat)
- 2 tablespoons curry
- 1 teaspoon ginger
- 1 teaspoon cumin
- 1 teaspoon cayenne
- 2 potatoes of any variety, peeled and diced
- 1 sweet potato, peeled and diced
- 2 Granny Smith apples, peeled and chopped
- 1 cup frozen peas
- 3 tablespoons soy sauce

Sauté garlic, onions and carrots in a big pot until onions are almost transparent. Add the coconut milk, spices, potatoes and sweet potatoes. Allow to cook at medium heat until potatoes can easily be pierced with a fork. Add apples, peas and soy sauce and cook for another three or four minutes. Enjoy with rice.

Colette Ryder-Hall works in the produce department at Wheatsfield Grocery in Ames.

potassium




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A big change in a little package

By Heidi Marttila-Losure

Sometimes life's changes take time to develop. At other times, life casts us into a new role in an instant.

It won't be quite instantaneous, but in the course of a 45-minute surgery in mid-December, I will be christened with the new title of mother.

A good friend has told me this is a change in status unlike any other I'll ever go through. Even getting married and becoming a wife, she said, isn't quite the same, as with half of marriages ending in divorce, marriage vows aren't as permanent a commitment as they used to be. Becoming a mother, on the other hand, is as complete a commitment as our society has; it's virtually impossible to cast off motherhood.

Big changes are ahead, I know. I've been trying to reflect on how I handled transitions in the past to get some perspective on how I might handle this upcoming change.

Strangely, the big ceremonies that are supposed to mark transitions from one phase of life to another aren't what come to mind. High school and college graduations were nice rites of passage, but I don't think I felt much different after them; becoming an educated woman, both in the classroom and outside of it, happened gradually in the years leading up to those ceremonies. Similarly, my wedding day was one of the best days of my life, but I think it was the formal recognition of a commitment that had taken place some time before that.

Much smaller events are what seem to mark the bigger changes in my life.

One occurred early in my college career. My parents came to visit me, and we decided to go out to dinner. When we got to my parents' car, my mom handed me the keys. This was partly because I knew my way around my college town better, but I realized there was more to it than that. My mom and dad, who had

taught me to drive, recognized that I had become the most responsible driver.

Growing up and growing older, captured in an exchange of keys.

Another moment happened soon after my husband and I set up house together. I got up early one morning, while he was still sleeping, and quietly put on my walking clothes and shoes. I was heading out the door when he called out, "Heidi? Where are you going?" My initial reaction, I'm rather ashamed to say, was irritation. Why should I have to answer to him? And then I realized that I *did* have to answer — one responsibility of our relationship was making sure the other person didn't worry needlessly. I was no longer just taking care of myself; we were taking care of each other.

I have a feeling that the big transition into motherhood will also happen in countless small moments.

My husband and I have been doing our best to prepare for parenthood:

Reading pregnancy and parenting books, making lists of what baby will need, acquiring all the needed baby paraphernalia. I've got all sorts of plans about how I want parenting to work: toting baby in a carrier as much as possible, breastfeeding for as long as we both think it's a good idea, keeping her away from TV when she's really young and reading to her a lot, among others.

But this little human will have her own plans, too. (She's already shown that — she's decided head up is a better way to face the world, apparently, and her breech position means a Caesarean section for me.) And that may be the biggest challenge: Learning to be flexible enough to let her be who she is.

I don't know what part of motherhood is going to affect me the most. But I'm comforted by the thought that although this new role will start with a dramatic grand entrance, from there it's one little moment at a time.

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